



## Cocina vegetariana. Hoy cocinamos.

By Louis Adams

LU. Condition: New. Como guía para el naturista vegetariano hemos seleccionado en este libro una serie de recetas de cocina vegetariana, de preparación fácil, precedida de una tabla de calorías de los alimentos principales que entran en la composición de dichas recetas, así como peso ideal, para guía de aquellos que padeciendo de obesidad deseen adelgazar hasta llegar al peso que les corresponda por edad y estatura. Libro.



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